



# INBALANCE

Monthly Update from inBalance - November

There are some new options in the vending machines in the Busch Building. Be sure to check them out! If your office building is interested in offering similar options, please contact us at [inBalance@springfieldmo.gov](mailto:inBalance@springfieldmo.gov)

The Right Choice...For a Healthier You!"

## Nutrition Guideline Per Serving

BEVERAGES		BEVERAGES		SNACKS		SNACKS		SNACKS	
Less than 10% Calories from Saturated Fat									
Less than 60 mg Cholesterol									
Zero grams Trans Fat									
Less than 35% total calories from Fat									
Less than 25% Calories from added Sugar					Less than 35% Sugar by weight				
Less than 230 mg Sodium					Less than 270 mg Sodium				
Less than 160 Calories					Less than 200 Calories				
Exclusions to the Program include: 100% fruit/vegetable juices, low fat/non fat dairy products, nuts, trail mix, nut butters, seeds, eggs, fruits, dried fruits, non fried vegetables, legumes									
When making vending selections									
Look for the									
					Choose <b>MyPlate</b> .gov				

## NEW VENDING OPTIONS!



*"I've been teaching for almost 2 years and love teaching because I get to watch people improve themselves. It's an amazing thing to see someone not only get physically stronger, but also mentally stronger. I really enjoy being a part of people's journey in self improvement. I love exercise because it benefits not only the body but the mind as well."*

## MEET RACHEL OWENS

**Come visit Rachel's class every Monday & Wednesday from 11:00 - 11:45 AM in the Mill Building (216 W Central St).**